



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01034, Cheese, port de salut

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	45.45	--	0.353	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	352	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1471	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	23.78	--	0.246	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	28.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	2.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	0.57	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.57	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	650	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.43	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Magnesium, Mg	mg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phosphorus, P	mg	360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	136	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sodium, Na	mg	534	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	2.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Riboflavin	mg	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.060	--	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid	mg	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.053	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, total	μg	18	--	1.835	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	18	--	1.835	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	μg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	μg	1.50	--	0.171	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	315	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	μg	313	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	μg	29	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	1092	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.24	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	21	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	2.4	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Lipids													
Fatty acids, total saturated	g	16.691	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	1.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.556	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.336	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.681	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.768	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	2.724	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	6.638	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	3.350	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	9.338	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.833	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	8.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.729	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.378	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.351	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	123	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.343	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.876	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	1.446	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Leucine	g	2.482	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	1.987	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.734	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.134	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	1.323	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.420	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	1.707	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.827	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.686	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.790	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid	g	1.752	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	5.349	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.485	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	2.892	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.357	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003